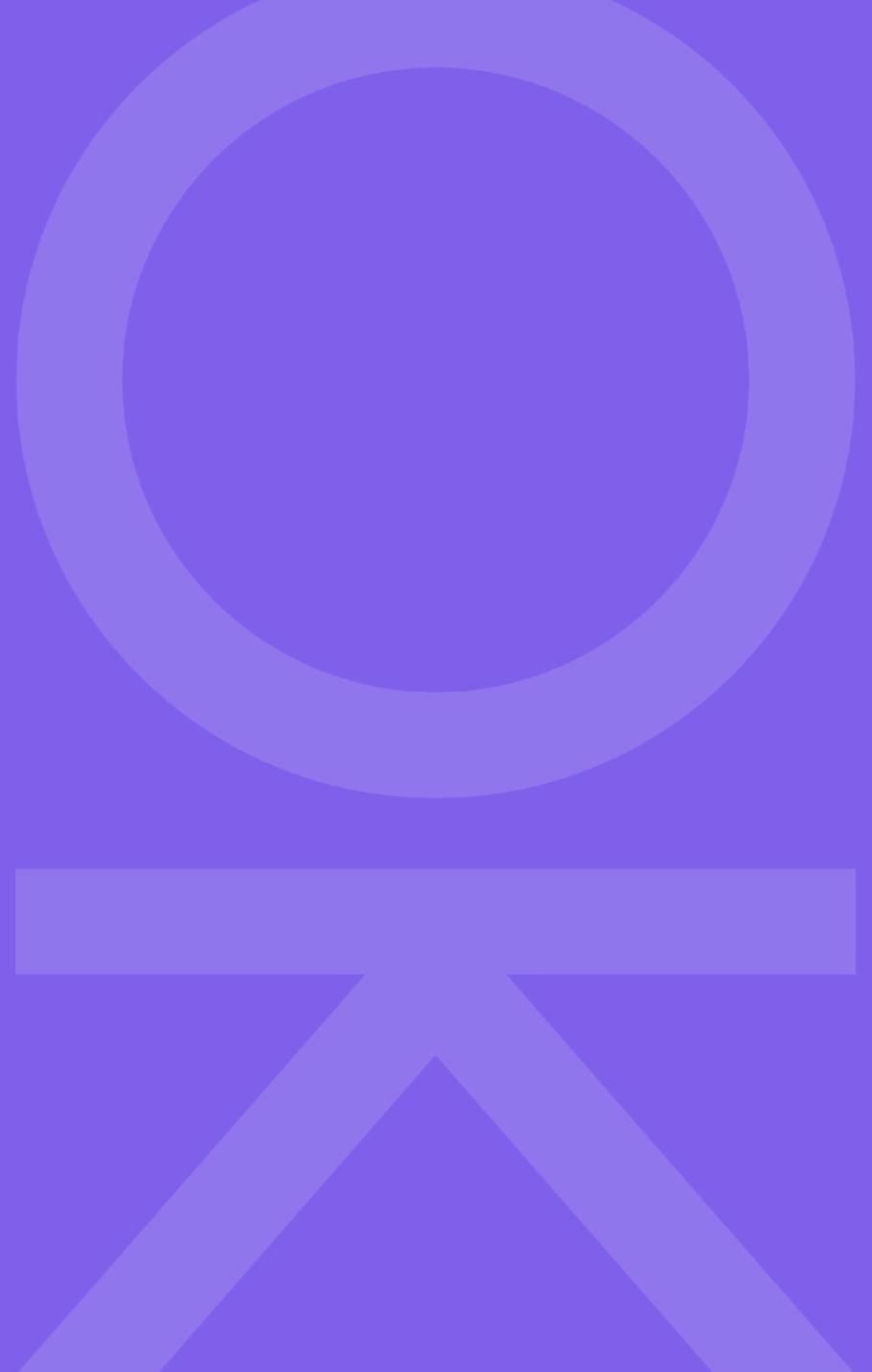


# Showcasing London's Right to Thrive Partnerships and Projects

23<sup>rd</sup> May 2023

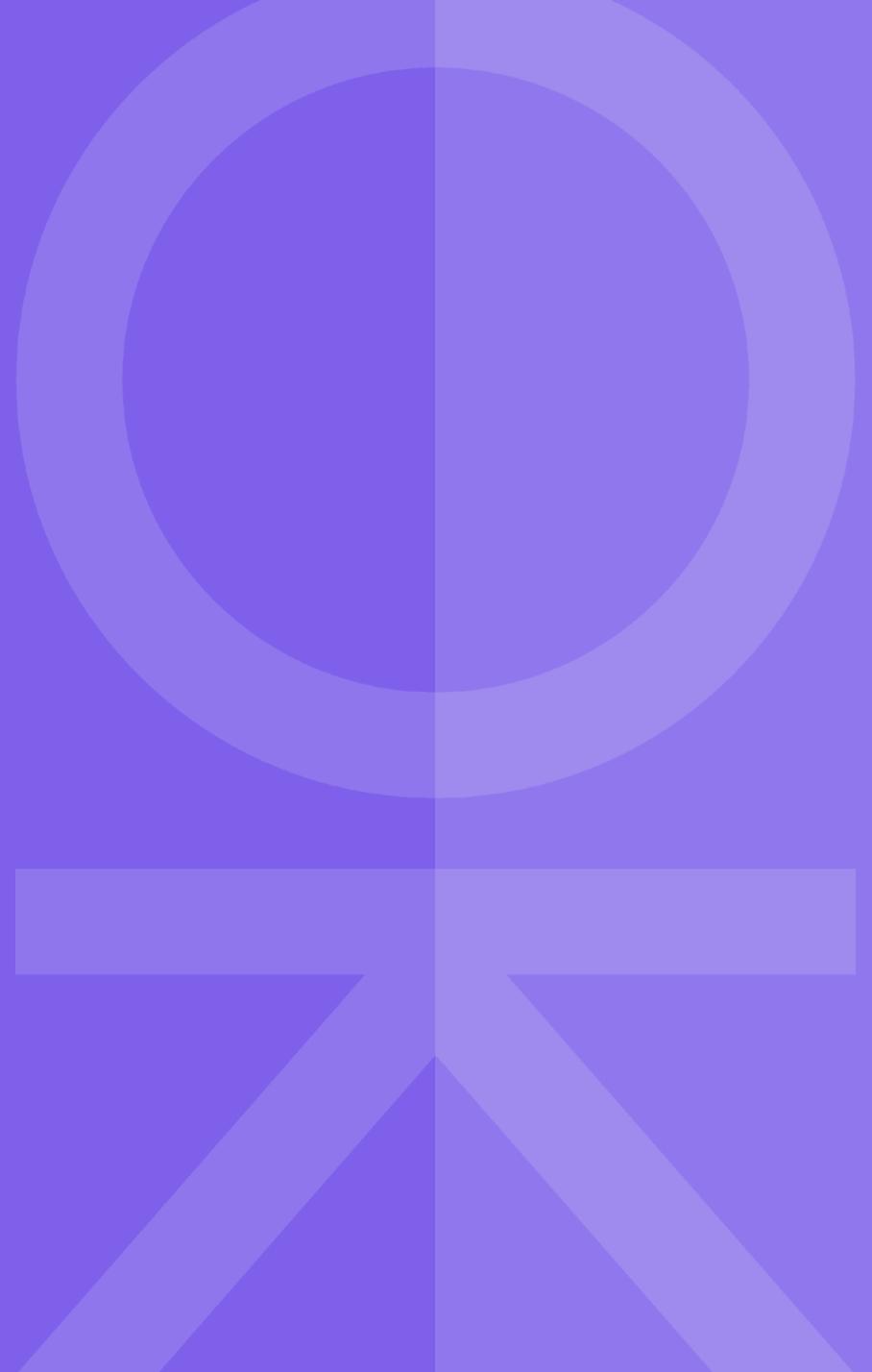
Lecture Hall, Toynbee Hall

**Thrive** LDN  
towards happier, healthier lives



# Welcome

**Michael Hamilton**  
The Ubele Initiative



# Opening Remarks

**Cllr. Dr Jacqui Dyer, MBE**  
Co-Chair Thrive LDN

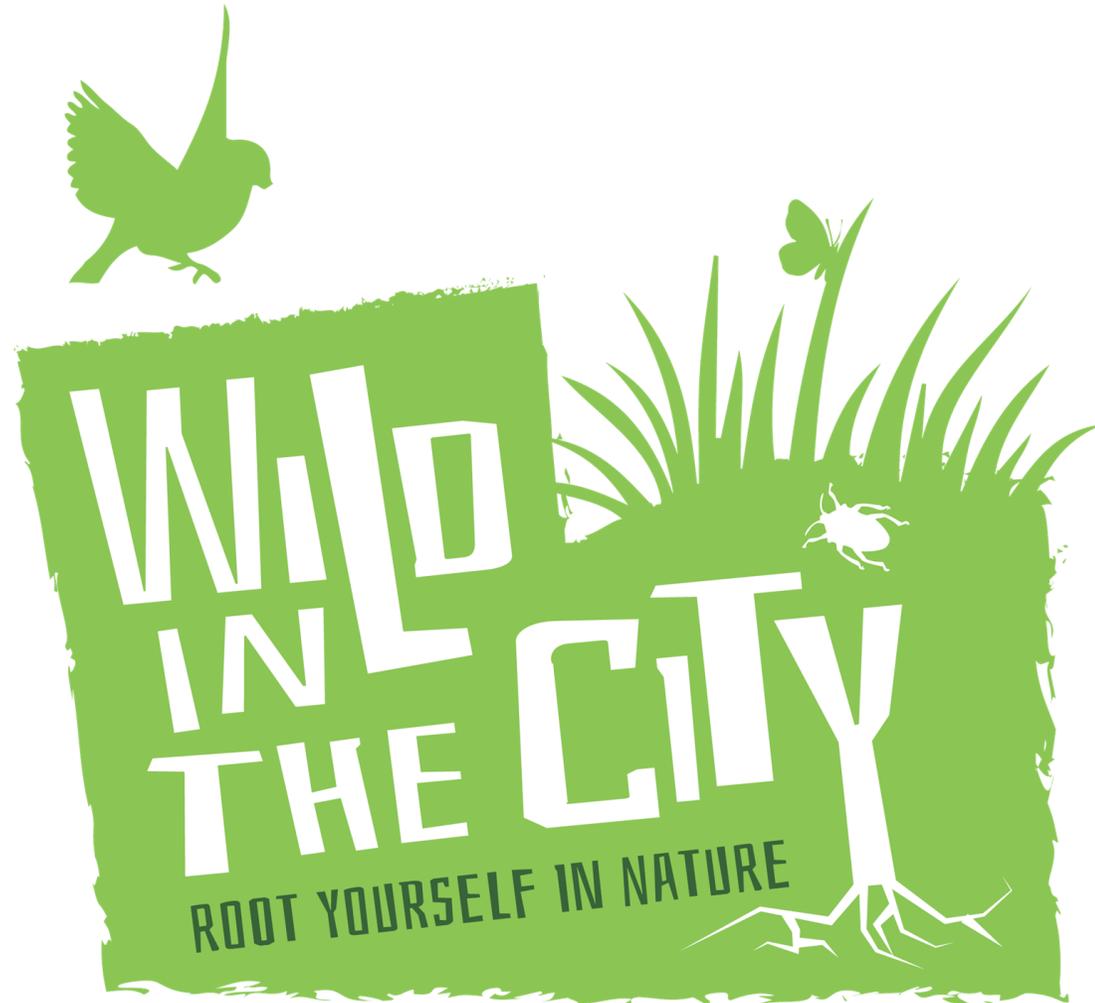
# Wild in the City

Suzanne Worrica - Nature Guide

Deborrah Baksh - Nature Guide

Thandiwe Dhillwayo - Participant

# Wild in the City

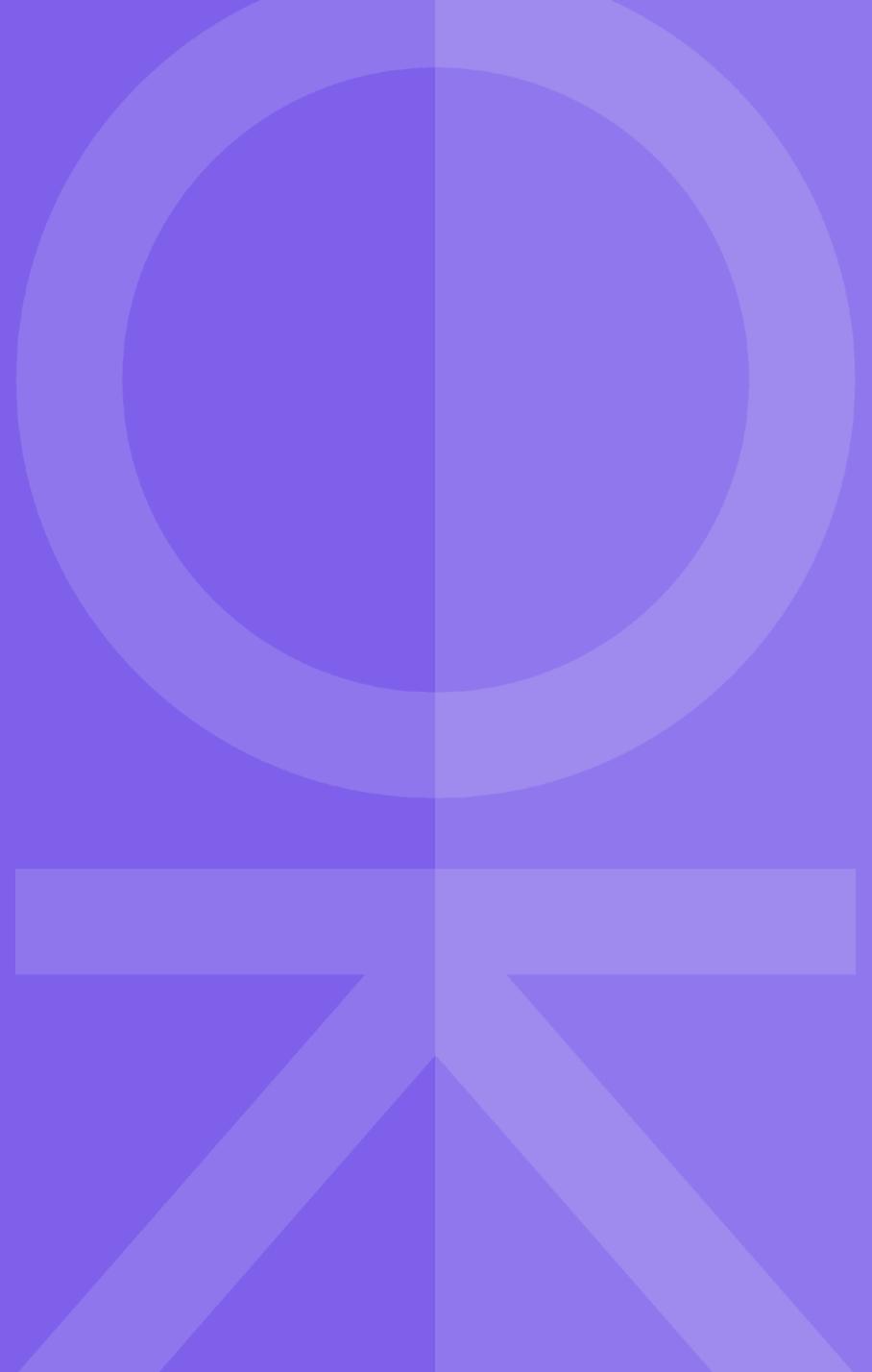


# Tramshed Ltd

Bethan Tomlinson

Aaliyah James

Sophie Nicol





# tramshed

A space where people come together

Working with ThriveLDN has meant feeling trusted, hopeful and resourced.

This film was made at the very start of the project, in January. It will give you a short virtual tour of our space is already being used to evidence our work and approach.



# Tramshed Programme is Always Partnership Led

- We put the community users and groups at the heart of programme and building design.
- This was described as "public health in action" by local authority executives in 2023.
- We run events with our intersectional audiences. For example – BAFTA award winning Roy Williams' new play All Roads was rehearsed and premiered at Tramshed for resident's Caribbean Social Forum and the Youth Social Action group.



Our growing Adults With Learning Disabilities programme includes Reach Theatre Company, Dramatic Voices and Tramtastic Club Nights supported by Greenwich Mencap and Oxleas NHS Trust

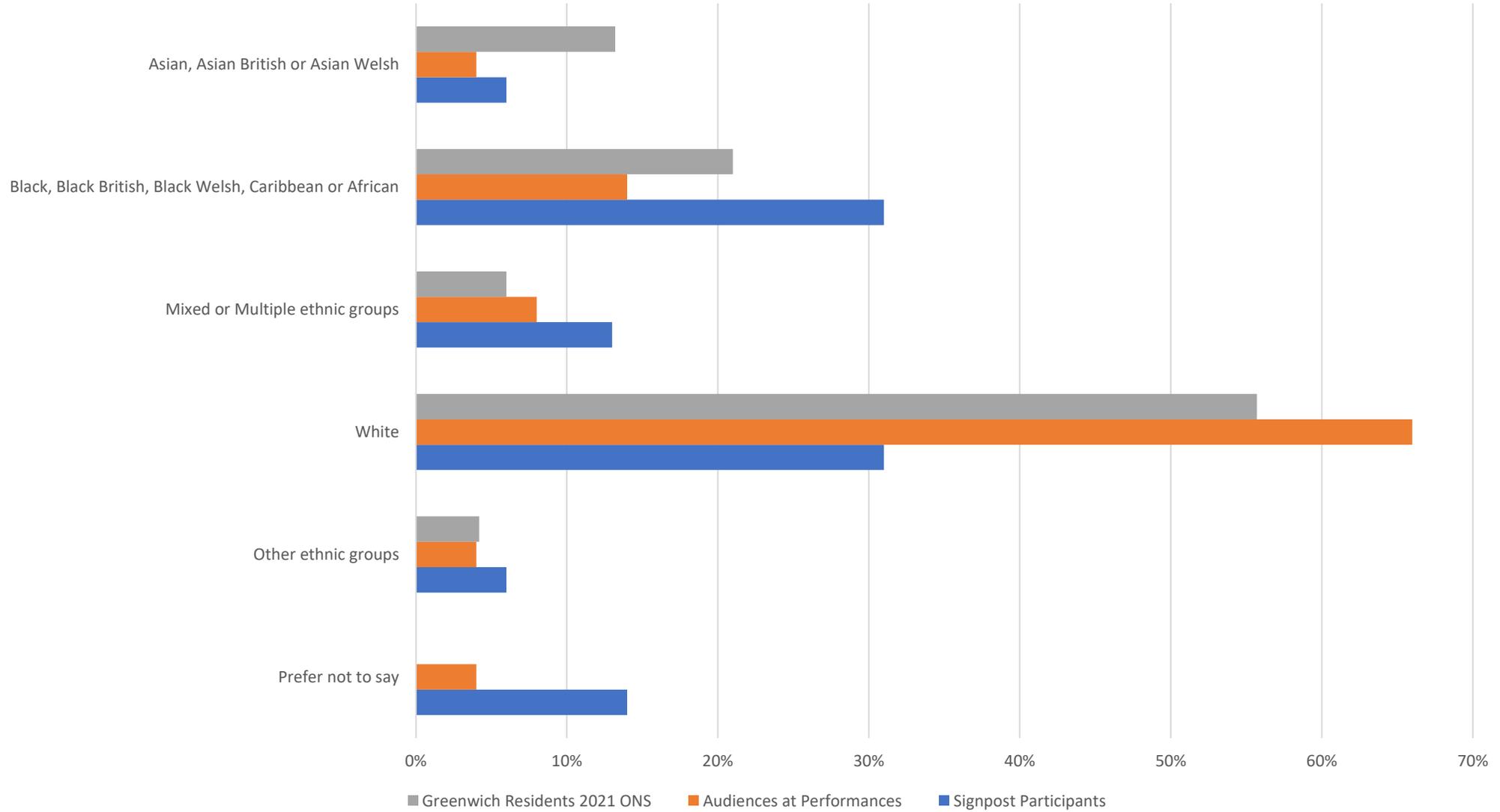


Our ThriveLDN Project layered a focussed wellbeing performance project for a new Young Company with a weekly support group for parents/carers called Breathe.

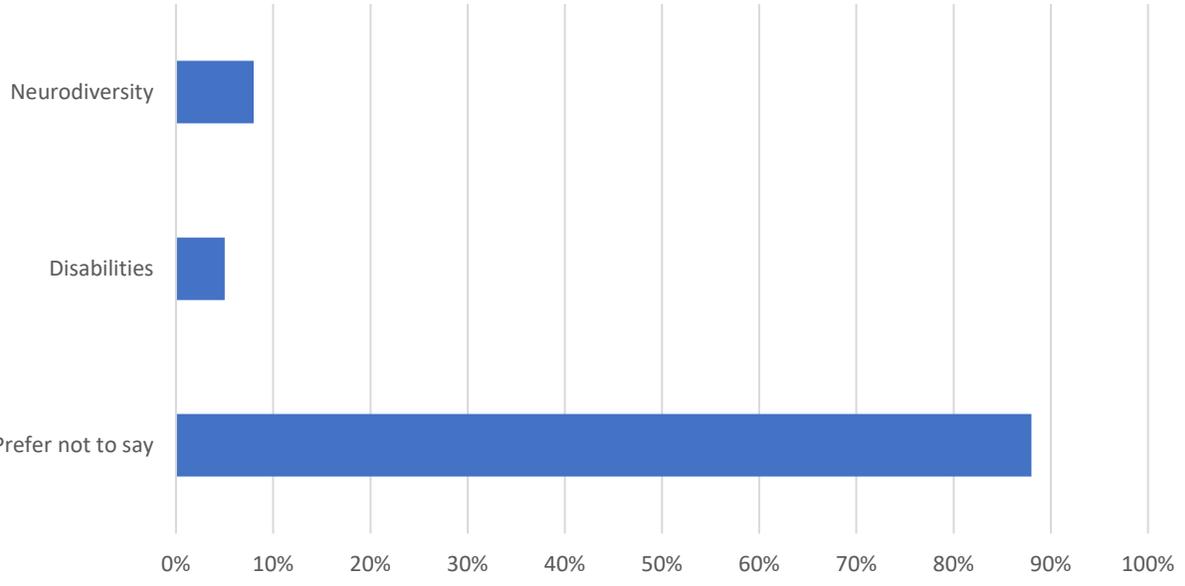
Our aims were to

- Offer activities that were meaningful for local people with participants being representative of local demography/protected characteristics -
- Hear participants say they were *motivated, confident, proud* describing their actions/plans. Wellbeing mentors recognise wider signs of personal agency & self-esteem
- See 75% of participants join another Tramshed or partner activity. Artists aged 18-24 gain meaningful employment and/or training within 6 months of this project

## Beneficiaries by Ethnicity

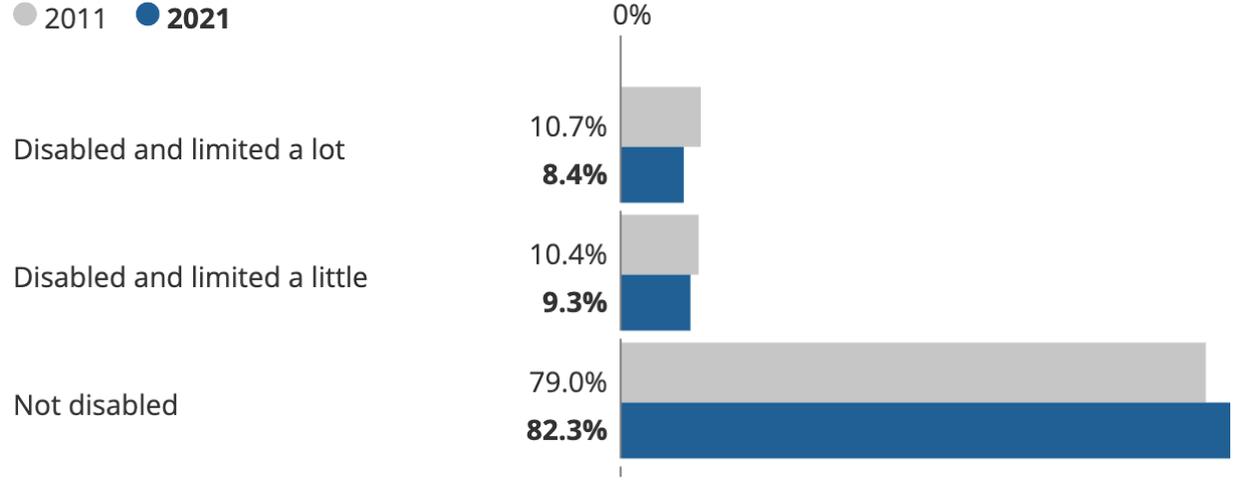


### Beneficiaries With/Without Disabilities



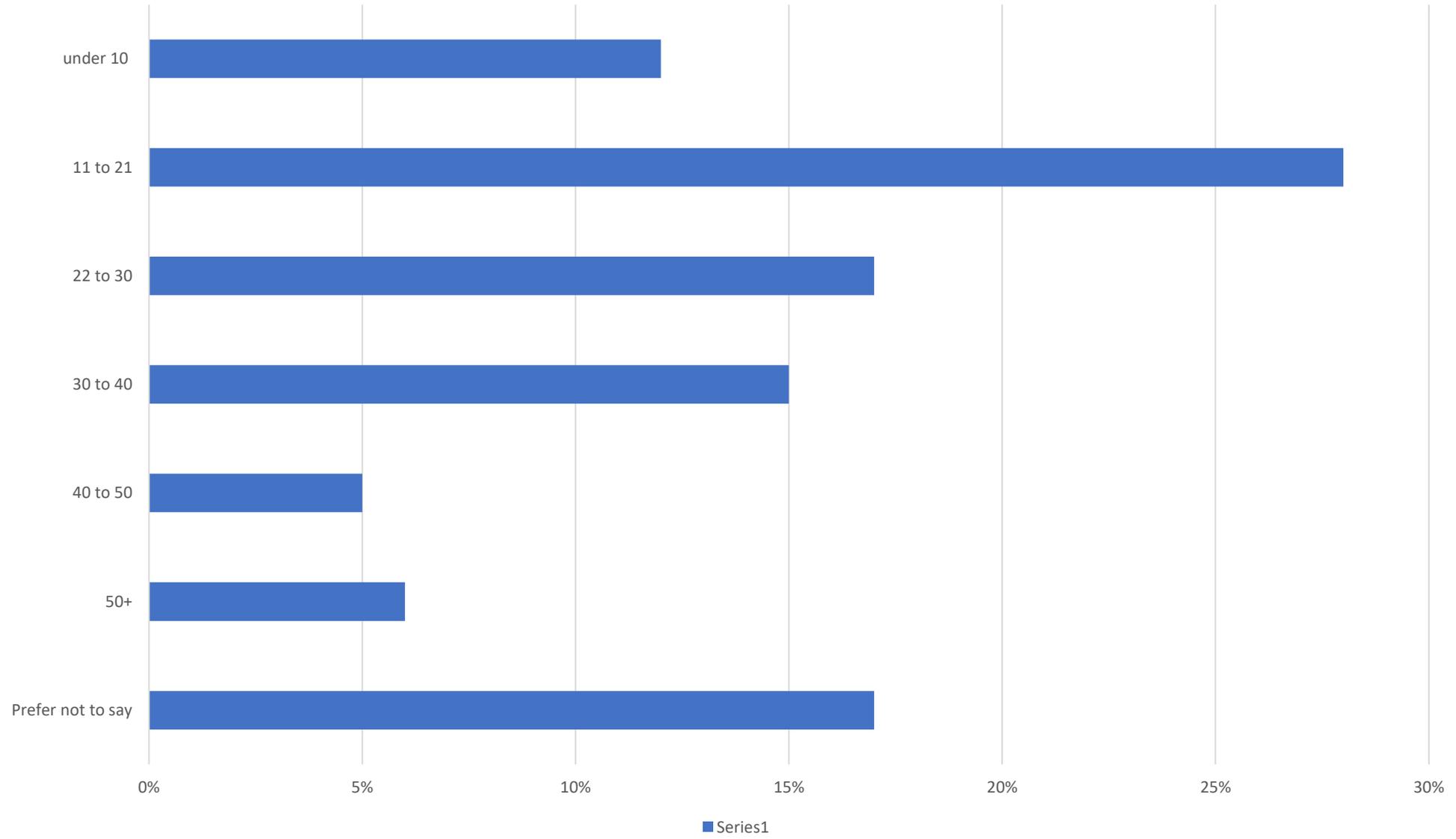
### Age-standardised proportion of usual residents by long-term health condition or illness, **Greenwich**

● 2011 ● 2021



Source: Office for National Statistics – 2011 Census and Census 2021

# Beneficiaries by Age



## Young Company

- We recruited 20 young people to this project, some were new to the organisation, some of had just completed a Tramshed Mental Health Referral Programme called Whatever Makes You Happy.



# Young Company Case Studies:

- When B joined Whatever Makes You Happy they had a chaotic, unsettled home life, they were experiencing anxiety, low mood and were fearful and avoidant of attachment in relationships. Despite continuing to live with a complex home environment they have experienced a 180° turnaround around. They were a key company member in the Young Company and now come to the Tramshed all the time to find quiet space to revise for their GCSEs, write poetry, have joined 3 other programmes. They have recently achieved a dream “I’ve had since I was 8” to join the Applied Theatre Course at the Brit School, having been offered an unconditional place from September.
- G, who suffers from anxiety, came to Tramshed to audition for the Young Company in January 2023. She was cast as a leading role and really shone in that part. Just a few days ago another building user stopped to say they recognised her and how brilliant she was. G uses the building as a “safe space”. Now she has since joined another 2 programmes and brought her friends in to try music classes on Thursdays.



The production by the Young Company was led by early career artists, all aged under 23. The piece was showcased as part of the National Theatre Connections Project. The Young Company were able to host 2 other companies on the same Festival Day at Tramshed.

They were paid ITC rates and have gone on to paid work following our mentorship, including a internal role as Participation Assistant, funded to Feb 2024 by the Jack Petchey Internship Scheme.

from the Royal Arsenal and naval dockyards to a bustling market and thriving high street





The Young Company have remained firm friends despite having hugely different backgrounds. They have a TikTok account, joined other programmes and made a podcast about their experiences. They talk about being able to try and fail, describe themselves in heroic terms – princesses and Musketeers summed up - "We are the future". They speak honestly and with insight – listen to the whole piece here





HERE

# Breathe Group

Tramshed had been asked to repeat a support group for Parents/Carers that had been delivered online during Covid. This funding made that possible – with Wellbeing Activities and a Creative Creche. We dedicated our first session to asking what people found relaxing which we then facilitated over the following 9 weeks.





We were able to work with excellent quality artists – e.g. [Byron Wallen](#) for Sonic Healing, Byron is a British Jazz Trumpeteer and Tutor at Trinity Laban College.

Feedback was 'So uniquely relaxing, exactly what the doctor ordered.'

'It was an amazing experience, just loved it. I wish to have a chance to join another similar activity.'

# Breathe Case Study

- *'Coming here has made me feel more confident. It is good to meet other parents and not feel that I am on my own all of the time. I've found out about other places I can go with my child too.'*
- Regular attender, T, was worried that her two year-old son, C, was not playing well with other children and was often on his own as an only child. T enjoys watching C in the crèche, joining in and enjoying himself with crèche staff Rihanna and Rosanna. He joins in with playing, making and dancing to the music. C has formed very good relationships with the crèche workers and increasingly is able to communicate and play very well with them and with the other children.
- Towards the end of the project, T expressed that Breathe had helped her to feel more confident as she had recently arrived in the UK and does not have any friends or family in London. She disclosed that she was experiencing domestic abuse. We referred her to local services. She has since been allocated a case worker, after we were able to arrange a meeting between them. We were also able to book her on to some local courses; one for raising confidence, and a parenting course.

- *I'm so proud of myself*
- *I can tell other families I work with*
- *There was so much information I didn't know*
  
- *Tramshed is like the sort of space focused on like uplifting young people's voices and you can really tell that and I think you could sort of see that transfer over to this this project, like young people were very much rallied. And I think that's really important because we are the future and we're the future of theatre as well*



**tramshed**



**SCAN ME**

The Heights photography by Aidan Brooks

[www.twitter.com/Tramshed](https://www.twitter.com/Tramshed)

[www.facebook.com/tramshedarts](https://www.facebook.com/tramshedarts)

[www.instagram.com/stories/tramshed](https://www.instagram.com/stories/tramshed)

[www.youtube.com/@TramshedArts](https://www.youtube.com/@TramshedArts)

# Bangladeshi Mental Health Forum

Shamsur Choudhury

**Thrive** LDN  
towards happier, healthier lives



## ***BMHF 1-2-1 Signposting & Information Service***

***Shamsur Choudhury - BMHF Operational Lead***

[www.bangladeshimentalhealth.org](http://www.bangladeshimentalhealth.org)

SUPPORTED BY

**MAYOR OF LONDON**

# About BMHF

- ▶ Grassroots mental health charity that supports the Bangladeshi community in Tower Hamlets.
- ▶ Established in 1998 by Bangladeshi mental health professionals.

## What we do:

Raise awareness of mental health in the community, get people talking about mental health (challenging / overcome stigma), increase access to services, signpost to local and national services & we do this via:

- *Workshops (Community/online)*
- *Group/activities*
- *Events*
- *Awareness Materials*
- *Community Mental Health Champions (volunteer programme)*



# Right to Thrive Project: 1-2-1 Signposting & information Service

As part of the 'Right to Thrive' project, the BMHF started a 1-2-1 mental wellbeing signposting and information service. This service has been set up to allow the Bangladeshi community to have discussion about their wellbeing in an informal setting, close to where they live- with the intention of supporting them to access local services to improve their wellbeing or be used as a space for them to speak to someone in confidence about their feelings without being judged. This service is culturally/ religiously appropriate and accessible in the Bengali/Sylheti language.

**The need for this project:** BMHF's engagement with the community via workshops/events and 1-2-1 interaction highlighted the following key issues that inspired this project:

- People within the Bangladeshi community are not aware of local mental health services and therefore are not actively accessing mental health services (both community and NHS)
- Current mainstream provisions are not locality based and therefore inaccessible, they are also not engaging with the community to ensure people are aware of their services -this is creating barriers to access.
- Mainstream provisions are not provided in a culturally and religiously appropriate way, and not accessible in the Sylheti/ Bengali language.
- Some people commented that they were not willing to engage with mainstream mental health services as they did not want to be labelled as having mental health issues - so stigma has played a big part in not accessing services.

## Our Approach

- Our service is based on the 'neighbourhood delivery' model.
- Informal support based on the 'Listening/talking' approach.
- Support people to improve their wellbeing by encouraging them to be active (join walking group, support groups) and help them to reach out (by giving them confidence) to mainstream mental health services for professional support (if that is what they want).
- We supported people based on their community needs i.e. language, religious beliefs, being aware of cultural aspect of people we support.

## Current Provision

- As part of this service people are able to book a session in advance (i.e. 10-30 minutes) or just call or turn up to discuss their needs at one of our community setting provisions.
- In person information & signposting sessions are held at the Harford Health Centre, 10 - 12, every Thursdays.
- The service is offered by Telephone (10-12pm), Tuesday and Wednesday.
- Further in person support services are being set up in the coming months in the different setting of the borough i.e. GPs, community centres and faith organisations (Mosques).

# Project Achievement

- Since the start of this project (end of January 2023), we have supported **15** people. Majority of people we have supported have been **Bangladeshi women**, between the ages of **25 -50**.
- **Why people have sought support:** medical, depression, mental health, domestic violence issues, benefit problems, cost of living and housing issue- underlying issue has always been the impact of their personal situation on their mental and emotional wellbeing.
- **Where we have signposted them:**
  - ❖ Mind in Tower Hamlets
  - ❖ Ocean Regeneration Trust
  - ❖ GP Social Prescribing Team
  - ❖ GPs
  - ❖ First Love Foundation (Food Bank)
  - ❖ Counsellors/therapists
  - ❖ The Mayor of TH or councillors
  - ❖ Limehouse Project
  - ❖ Nour Domestic Violence
  - ❖ Maternity Mates - Women Health and Family Services
  - ❖ Sports clubs/cycling/walking groups (to benefit physical health)
  - ❖ ESOL Classes
  - ❖ BMHF Let's Talk Women's Group
  - ❖ Tower Hamlets Men's Mental Health Group



# Project Achievement

1. Provided a safe and informal/space to speak to someone in their community language about their personal wellbeing issue. As the service was also culturally and religiously appropriate, this made users comfortable to use our provision, they felt people that was supporting them understood them and could relate to their experiences from a community perspective.
2. Provided support close to where they live (easily accessible and setting people are familiar with)
3. Majority of people supported were either signposted to other local services i.e. local women's support group.
4. Our intervention/support provided an opportunity for people we supported to improve their wellbeing in the short term

## Feedback from People we Supported

- ▶ *“I think the signposting service is important as it motivates people to seek help. It helped me to get out of the house and socialise and deal with my depression. Such a service is important as it allows us to communicate in our language.”*
- ▶ *“I enjoy the ‘Let’s Talk’ women’s group you signposted me to. It has helped me to feel happy and helped me with my anxiety. This service is very needed as many cannot speak English and this benefits the community”.*
- ▶ *“I feel lot more better than I spoke with you last time, my life has changed! Your Signposting service is very good, It has helped me in many ways. Signposting service is very important for people like us, it makes it easier to get the help we need. I will be always grateful to you for signposting me to Dr. Romena Toki and her team as they were great, they were very supportive, I was comfortable to tell about myself. Thank you so much for signposting me to Tower Hamlets Men's mental health group.”*
- ▶ *“The signposting service has helped me as I was relieved of my tension caring for my husband who is living with dementia. My children were stressed for me too. You directed me to the women's support group and coming to this group has helped me. It made me feel like I gained a new family and for a little while when I come here, I forget about my home life. Bengali community women are normally stuck at home and suffer from depression. So, all this service you provide helps.”*

# Feedback from Stakeholders that we worked with

- ▶ *“Limehouse Project has had clients referred to us by the Bangladeshi Mental Health Forum and we have been able to support them with housing and Welfare benefit queries. We know that services available for local residents that support clients in a holistic way are invaluable and are much needed in the community, especially if they are local and easy to get too. As Mental Health continues to be a stigma in the Bengali community, Advice Services like Bangladeshi Mental Health provides much needed support and respite for the local residents.”*  
**(Shirina Ali, Gateway to Advice Services Manager, Limehouse Project)**
- ▶ *“The work the service offers is vital to residents - both in practical and emotional support and advice. Their consistent presence at Harford St. Health Centre has enabled clients to build trust and rapport with the professionals involved and creates a safety net for those more vulnerable”.*  
**(Farrah Idris, Social Prescriber, Network 9)**

# Why Right to Thrive funding was important to the BMHF

- The funding has substantially enhanced our organisation, prior to this funding we could only offer limited support, however as a result of funding we are able to offer a service that is more meaningful and more widespread in the different settings of the community - We are also able to actively engage with different providers to offer this service at different settings i.e. East London Mosque, Housing Associations, GP's)
- This funding has allowed us the capacity to recruit more staff to support this provision moving forward and beyond the timeframe of this project.
- A lot more of the local community organisations and NHS providers (especially GPs, social prescribers) have become aware of the signposting and information service and our organisations work.
- Positive partnerships have built with various stakeholder as a result of initial interaction to expand the service - i.e. better relationships with mosques, community organisations and GPs.
- This funding will allow us to continue the signposting and information service beyond the remit of this project timeframe (at least another 4 months) and in that time we will be able gather more evidence to apply for further funding to continue this work. We are expecting this service to be part of our provision in the long term and this funding has given us the infrastructure to do this for the future.

**A big thank you to Thrive London Team for your support!**



## ***BMHF Contact Details***

*Shamsur Choudhury (Operations Lead)*

*Email: [shamsur@bangladeshimentalhealth.org](mailto:shamsur@bangladeshimentalhealth.org)*

*Generic Email: [info@bangladeshimentalhealth.org](mailto:info@bangladeshimentalhealth.org)*

*Tel: 07716 078840*

*Web: [www.bangladeshimentalhealth.org](http://www.bangladeshimentalhealth.org)*

*Facebook: Bangladeshi Mental Health Forum ([@bmementalhealth](https://www.facebook.com/bmementalhealth))*

*YouTube: [Bangladeshi Mental Health Forum](https://www.youtube.com/BangladeshiMentalHealthForum)*

*Instagram: [bmhf1999](https://www.instagram.com/bmhf1999)*

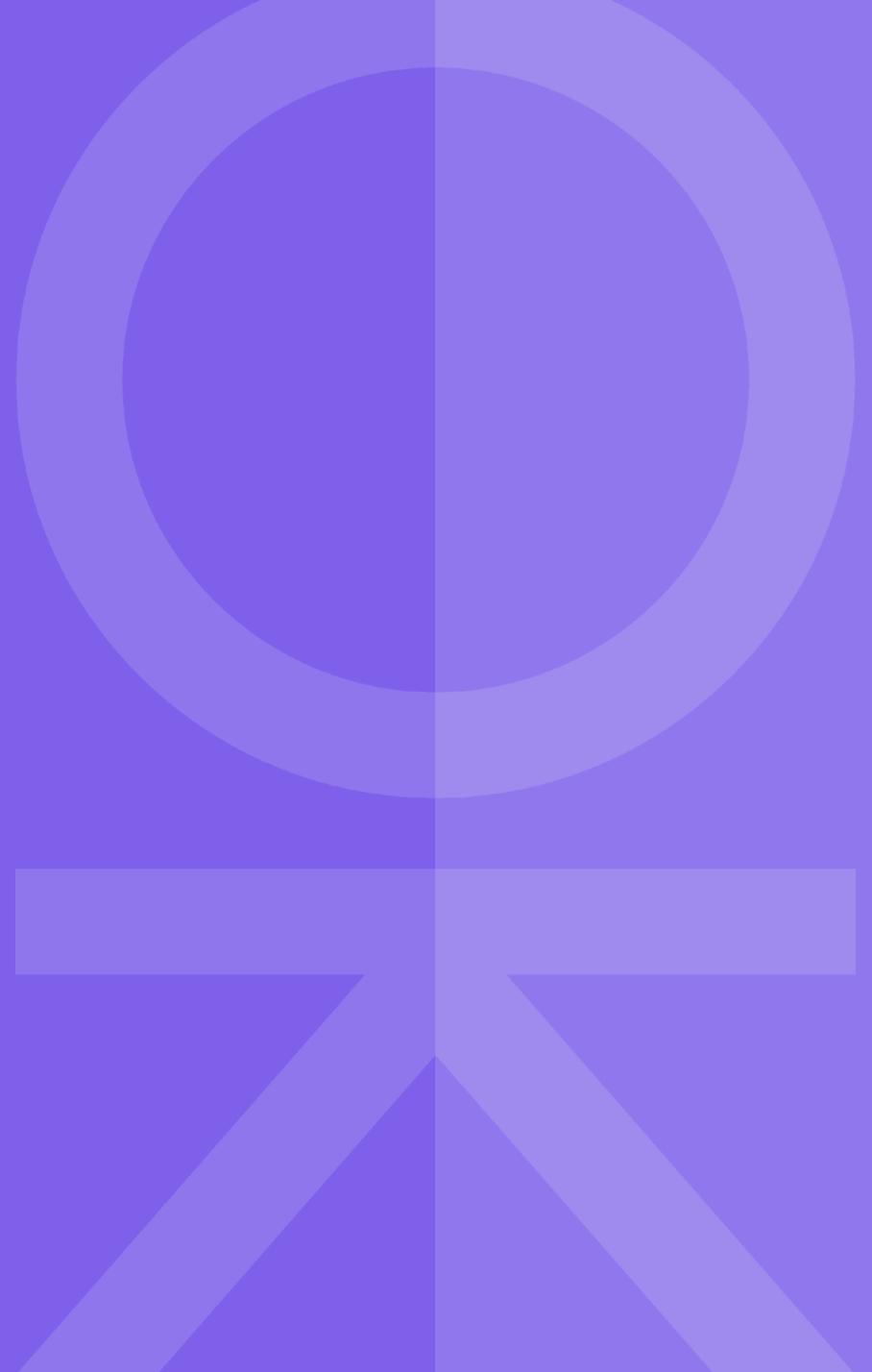
*Twitter: [@MentalForum](https://twitter.com/MentalForum)*

# Spectra

Becky Bonham-Carter

Vikki Chalklin

John Dugdale





# SPECTRA

***Building and facilitating***

***Accessible***

***Non-judgmental***

***Inclusive***

***Safe***

***...support services for  
LGBTQ+ people***

**Becky Bonham-Carter**

Therapeutic Service Manager / Clinical Lead

**Vikki Chalklin**

Trans Counselling Service Lead

**John Dugdale**

Operations Manager

# Who are Spectra?

Spectra works to **improve the choices**, health and well-being of people often from diverse and marginalised communities-empowering positive, informed choices about health, including sexual health, trans advocacy, peer mentoring, emotional resilience and wellbeing. We work with young people and adults to **combat isolation and risk**.

We provide supportive, knowledgeable, non-judgmental services which are all **peer led**, meaning they are delivered by people from the communities we work within. We are proactive in **identifying the needs of our clients and supporting them**.

Our services are knowledgeable, aware and empowered providing clear, accurate, credible and non-judgmental wellbeing and health information and **quality services that are relevant and accessible**.





Spectra

Peer services, improved lives

# SPECTRA SERVICES

## TRANS EMPOWERMENT SERVICE

- *Trans counselling*
- *Trans Peer Mentoring*
- *Trans and non-binary Social Groups*

## SEXUAL HEALTH COUNSELLING

## TRANS HEALTH ADVOCACY SERVICE

## TRANS LEARNING PARTNERSHIP

- *Promoting policy and reform*

## HIV / STI PREVENTION and SUPPORT

## LGBTQIA+ COUNSELLING (youth)

## MENTORING AND SOCIAL GROUPS (youth)

## TRANS ART THERAPY GROUPS

## CPD AND TRAINING DELIVERY



# SPECTRA TEAM



Spectra

Peer services, improved lives

# THRIVE GRANT



## Facilitated:

Increased and sustained service delivery at a pivotal time

- *LGBTQ Youth Services (counselling and social groups)*
- *Trans counselling Service*

***THANK YOU FOR YOUR SUPPORT!!***

# LGBTQIA+ Inclusivity

*At the heart of robust and effective delivery lies the cultivation and nurture of inclusive and diverse practice. This encourages a wider perspective to be integrated into learning and development.*

- Diversity
- Responsibility
- Inclusive practice
- Unconscious bias
- Acknowledge and address
- Meet and match need



Spectra

Peer services, improved lives



Spectra

Peer services, improved lives



***All people in all  
bodies deserve  
equal access to  
identity affirming,  
culturally responsive  
education,  
healthcare and  
support services.***

# Spare Tyre

Rebecca Manson Jones

spare  
tyre



## Covid Café



[www.sparetyre.org](http://www.sparetyre.org)





# COVID CAFE REFLECTIONS

'IT HAS BEEN SUCH A COMFORT AND I SUDDENLY DON'T FEEL SO ALONE ANYMORE. I KNOW THERE ARE LOTS OF US OUT THERE, BUT IT FELT DIFFERENT TO SEE AND HEAR SOMEONE ELSE IN THE SAME BOAT'



'I'VE BEEN GIVEN THAT GIFT BY JOINING THESE SPACES. I HAVE BEEN ABLE TO TALK ABOUT THINGS THAT I HAVEN'T YET MADE SENSE OF.'



'IT'S BEEN QUITE SOMETHING... THESE HAVE GIVEN ME SUCH A LIFT. HAVING THIS ENVIRONMENT WITHOUT HAVING TO EXPLAIN OR JUSTIFY MY EXPERIENCE WITH LONG COVID SYMPTOMS TO ANYONE AND JUST BE ACCEPTED IS A REAL RARE AND IMMEASURABLE EXPERIENCE.'

'I RECOGNISE THE GOOD PLANNING AND INCORPORATION OF SUPPORTIVE VALUES FROM FACILITATORS THAT TRULY DO CARE -LEADING TO, IN MY OPINION, A GROUP THAT IS BOTH PROFESSIONAL (E.G., WELL PLANNED, YET FLEXIBLE) BUT, ALSO, IS CONGRUENT, EMPATHIC ETC -BASICALLY, THE WHOLE PACKAGE OF KNOWLEDGE, SKILLS AND ATTITUDE!'

THESE ARE A SELECTION OF REFLECTIONS FROM PARTICIPANTS THAT ATTENDED THE COVID CAFE ONLINE SESSIONS THAT TOOK PLACE JANUARY - MARCH 2023. THANK YOU TO EVERYONE WHO ATTENDED. CO FACILITATORS: LAURA, MONIQUE OMIKEMI, REBECCA, SALLY, SOPHIE SPARE TYRE ADMIN: LARA, ADAM

DESIGNED BY MONIQUE JACKSON

Designed by Monique Jackson



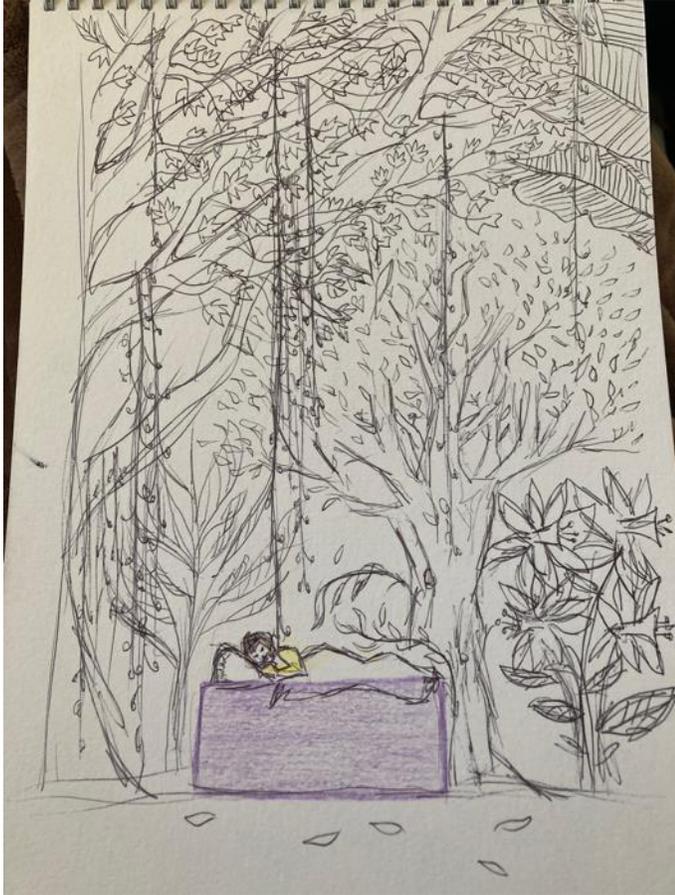
Supported by public funding from ARTS COUNCIL ENGLAND



Spare Tyre Theatre Company Ltd.  
Registered in England and Wales no: 1301049  
Charity no: 273418

www.sparetyre.org  
info@sparetyre.org

Twitter: @spare\_tyre  
Insta / FB: @sparetyretheatre



Long COVID symptoms adversely affect the day-to-day activities of 1.5 million people in the UK

381,000 report that their ability to undertake their day-to-day activities has been

"limited a lot".

Office of National Statistics January 2023

An estimated 250,000 British People are part of the #MissingMillions world-wide living with ME  
ME Action

"A real rare  
immeasurable  
experience"



- Chronic Fatigue and Post Exertional Malaise continue to be the most common symptoms
- The prevalence of long COVID is greatest in:
  - People aged 35 to 69 years,
  - Females,
  - People living in more deprived areas,
  - People working in social care,
  - People aged 16 years or over who were not working and not looking for work,
  - People with another activity-limiting health condition or disability.



Ali

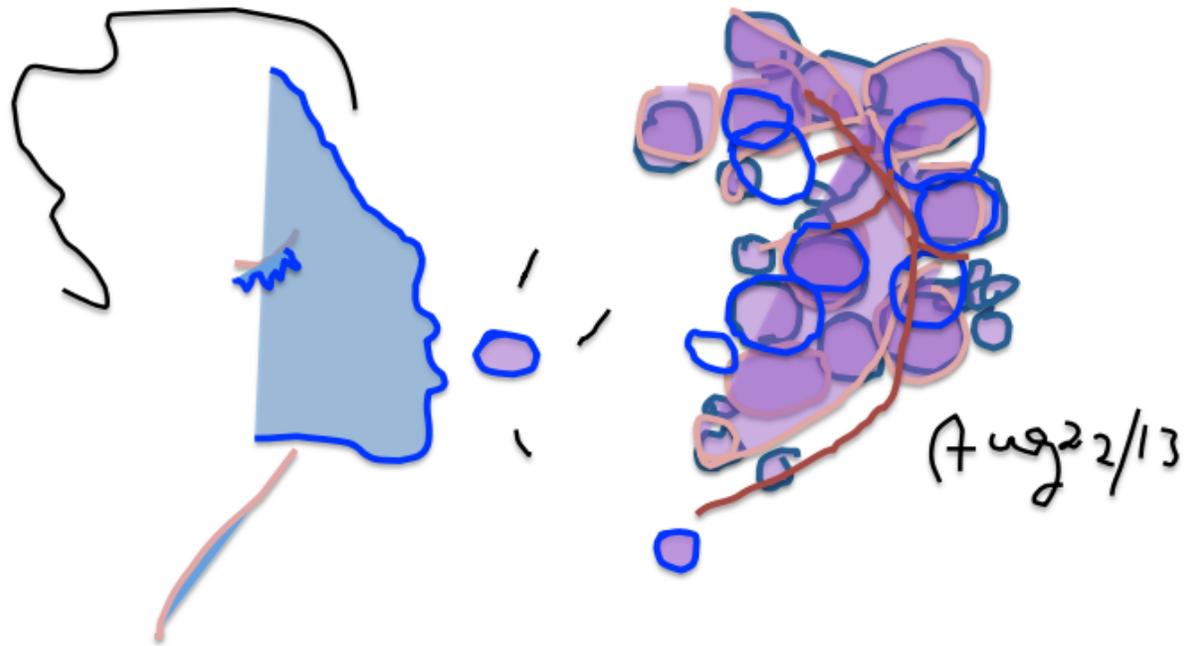
### **Invisible victory**

I made it to the office for half a day on Friday,  
for the first time in months.  
It took me weeks in the preparation -  
doing even less  
resting even more  
scheduling in recovery days for afterwards  
lining up easier tasks for those few office hours  
working an extra half hour each day the week before  
so I could shorten my time in the office  
preparing to be the only one in a mask  
bolstering my courage.

Brighid

# Two days later

After testing various foods she discovered she could eat grapes! Eating a fresh organic grape after two days of clay, water and lemon was indescribably delicious.







# COVID CAFE REFLECTIONS

'IT HAS BEEN SUCH A COMFORT AND I SUDDENLY DON'T FEEL SO ALONE ANYMORE. I KNOW THERE ARE LOTS OF US OUT THERE, BUT IT FELT DIFFERENT TO SEE AND HEAR SOMEONE ELSE IN THE SAME BOAT'

'IT'S BEEN QUITE SOMETHING... THESE HAVE GIVEN ME SUCH A LIFT. HAVING THIS ENVIRONMENT WITHOUT HAVING TO EXPLAIN OR JUSTIFY MY EXPERIENCE WITH LONG COVID SYMPTOMS TO ANYONE AND JUST BE ACCEPTED IS A REAL RARE AND IMMEASURABLE EXPERIENCE.'



'I'VE BEEN GIVEN THAT GIFT BY JOINING THESE SPACES. I HAVE BEEN ABLE TO TALK ABOUT THINGS THAT I HAVEN'T YET MADE SENSE OF.'



'I RECOGNISE THE GOOD PLANNING AND INCORPORATION OF SUPPORTIVE VALUES FROM FACILITATORS THAT TRULY DO CARE -LEADING TO, IN MY OPINION, A GROUP THAT IS BOTH PROFESSIONAL (E.G., WELL PLANNED, YET FLEXIBLE) BUT, ALSO, IS CONGRUENT, EMPATHIC ETC -BASICALLY, THE WHOLE PACKAGE OF KNOWLEDGE, SKILLS AND ATTITUDE!'

THESE ARE A SELECTION OF REFLECTIONS FROM PARTICIPANTS THAT ATTENDED THE COVID CAFE ONLINE SESSIONS THAT TOOK PLACE JANUARY - MARCH 2023. THANK YOU TO EVERYONE WHO ATTENDED. CO FACILITATORS: LAURA, MONIQUE OMIKEMI, REBECCA, SALLY, SOPHIE SPARE TYRE ADMIN: LARA, ADAM

DESIGNED BY MONIQUE JACKSON

Designed by Monique Jackson



Supported by public funding from ARTS COUNCIL ENGLAND



Spare Tyre Theatre Company Ltd.  
Registered in England and Wales no: 1301049  
Charity no: 273418

www.sparetyre.org  
info@sparetyre.org

Twitter: @spare\_tyre  
Insta / FB: @sparetyretheatre

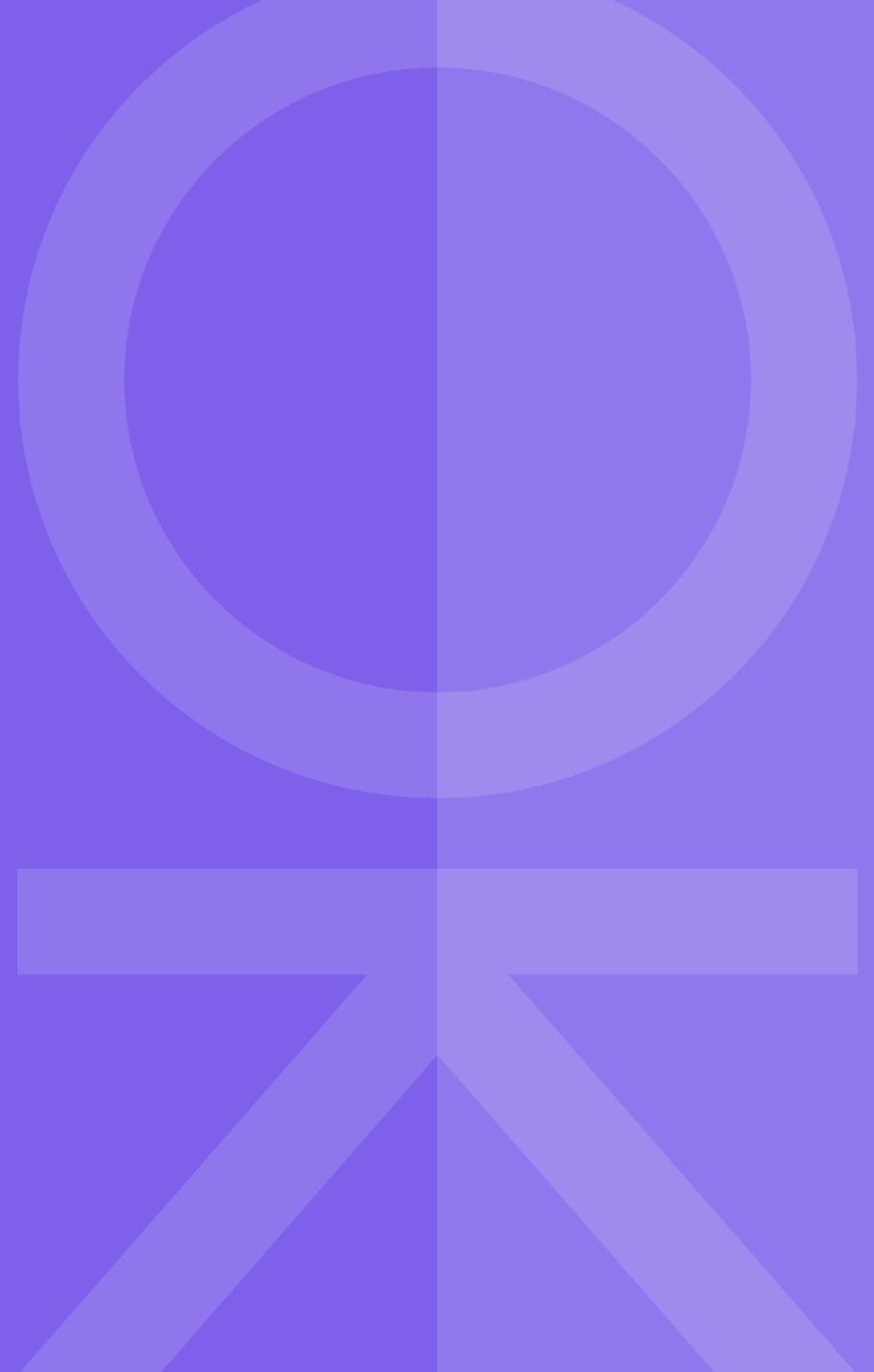
# spare tyre

[www.sparetyre.org](http://www.sparetyre.org) - @sparetyretheatre

## Printing a Potato Pattern

1. Cut your potato, trying to make a flat cut
2. I then like to trim it to a regular shape such as a square, triangle, diamond, oblong etc. but leaving it potato shaped can be nice too
3. Cut a pattern into your potato, dont be shy, the joy is in not overthinking it, just enjoying cutting
4. Put a small amount of paint on your pallet, dab the sponge into the paint to get it thinly loaded, not too much, then dab the paint onto the surface of your cut potato, again not too much
5. On newspaper or other scrap paper, do some tests rotating your potato in different ways to find a tessellation that you find pleasing
6. Now that you have found a tessellation you like, print it onto your coloured card, enjoy seeing the pattern emerge and watch your mind trying to remember how to rotate the potato
7. Fold or cut it into a greetings card and post to a friend with love

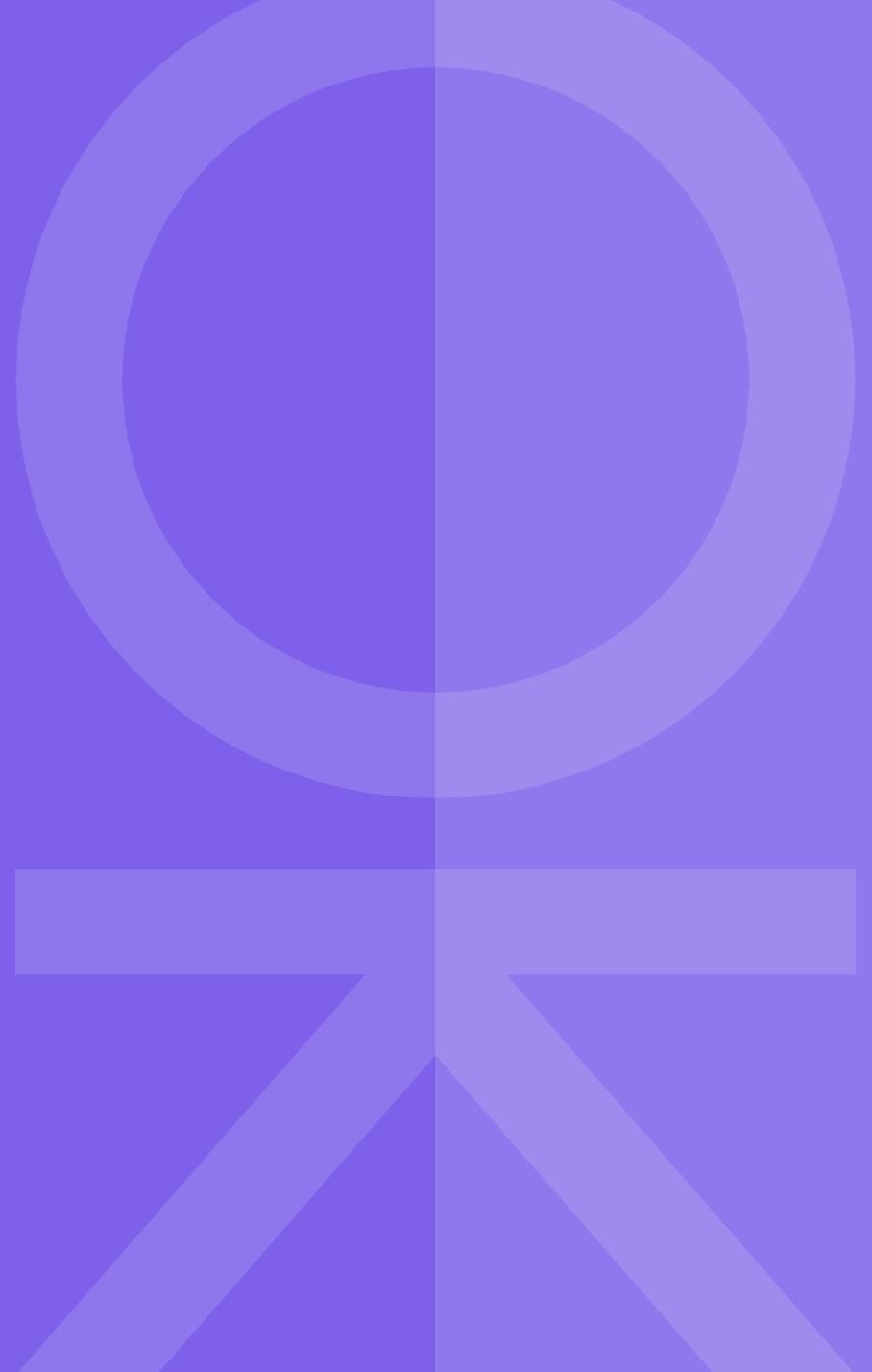
by kate



# Short Break

# Omnibus Theatre

Marie McCarthy  
Lucy Moyle



# Omnibus Theatre



# The Food Chain

Anna Brewster  
Richard Mills

# the food chain

feeding the fight against HIV

The Food Chain exists to ensure people living with HIV in London can access the nutrition they need to get well, stay well and lead healthy independent lives



*“The Food Chain gave me a helping hand – I am now in a completely different state. My body is reacting well and I can focus on my work”*



# Who we are



*"May you continue to help others as you did to me."*

**1988:** On Christmas Day, our first meal was delivered

**1989:** Weekly meal deliveries

**1997:** Grocery Deliveries

**2008:** Eating Positively

**2011:** Our first Dietitian is hired

**2011:** Eating Together

**2014:** Meal Deliveries come to an end

**2015:** First partnership outside of London

**2020:** Pandemic

**2021:** Formula Milk provision

**Today,** our services which are directed at those most in need as short-term intervention. We have a staff team of 7 and over 150 amazing volunteers.



# What we do



*“It was wonderful speaking to you when you called me, I had a lot to learn”*



What we do

# eating together



*"Thank you sooo much to all the team of Eating Together. It has been great to meet new people, learn about nutrition and so much more"*



## Why we do it

Stigma,  
discrimination,  
disclosure



Loss of  
social  
support

People living with HIV are twice  
as likely to be living with  
**anxiety** and **depression**

Dealing  
with loss



Managing HIV  
medicines &  
side effects

*"I have felt a great lift from  
this phone call and I have  
tears in my eyes. I think  
Food Chain is amazing. I  
was feeling so isolated  
before"*

83% of our Service Users report some or  
significant mental health problems



# Why we do it

## In the last 12 months....

1,253 meals  
served to 119 people

74% with household income  
below the UK poverty line  
>90% living alone

Delivered 52 specialist  
Nutrition Talks

97 volunteers have given  
3,209 hours of their time

*"I am surprised at  
the difference I feel in  
myself just by  
balancing my meals  
properly"*



Why we do it

Hear from the expert...



# Why we do it

I feel less isolated or lonely on the days I come to Eating Together

92%



I've met people from other cultures and backgrounds that I would not have otherwise met

85%



I feel more confident in asking for what I need from support and health services

89%



I feel like my health has improved

85%

I understand why eating and maintaining a healthy diet is important for me living with HIV

96%

I've learnt something new about HIV

81%

I've taught someone else something about living with HIV

54%

*"This is the most confident and happy I've been since starting HIV medicine"*



What we'll do  
next

## What next for The Food Chain?



Thank you  
for  
listening!



@thefoodchain



/thefoodchain.org



@the\_food\_chain



The Food Chain



Find out more about how you can help us  
feed the fight against HIV



# Supporting people living with dementia in London

Dr Jeremy Isaacs  
Helen Souris

# Consistent key worker provision for people living with dementia – an ICS commissioning framework

ThriveLDN projects event - 23<sup>rd</sup> May 2023

Dr Jeremy Isaacs – Clinical Director  
Helen Souris – Clinical Project Manager  
London Dementia Clinical Network



Office for Health  
Improvement  
& Disparities



**NHS**  
London  
Clinical Networks



**UCLPartners**  
Academic Health Science Partnership



# What do people with dementia and their carers want?

## Consistent offer and continuity of care

6 month post-diagnosis review



Ongoing annual review

Telephone advice between reviews as needed

Review by a healthcare professional including; medication review, hearing and vision check, signposting, discussing carer concerns, advance care planning

Involvement in research

Access to Counselling

Respite and day centres

Wider areas discussed

- Access to health records
- Dementia friendly hospitals
- Increasing public awareness

Navigating pathways – completing referrals / forms

Training to manage their condition

**Aim: live as independently as possible in their own home for as long as possible**

# Local pilot

- Identified a GP practice to do pilot
- Identified appropriate staff to conduct reviews – nurse & pharmacist
- Training session with GP practice, outlining pilot objectives, dementia awareness
- Created an assessment template



Searches in primary to identify 5 patients for:

- 6 month post diagnosis review
- Annual review (1 year post diagnosis)
- Annual review (3+ years post diagnosis)
- Annual review (care home resident)



Reviewed 15 patients - very positive response to the process



### Referrals made:

- Routine bloods & changes in medication
- Mental health input and emotional support
- Physical health problems e.g. cardiac, osteoporosis
- Swallowing problems
- Day centres and activity groups



Useful discussions  
about Lasting Power  
of Attorney and  
Advance Care Plans



Considered the needs  
of carers and made  
referrals for support &  
strategies

# Next steps

- Evaluate and refine the framework
- Consider how we embed the framework and launch it across London so that everyone living with dementia has this support

## **Potential outcomes**

- A named contact throughout the dementia journey
- Early detection of issues that will prevent crisis situations
- Improvement in access to services

**Enable people to live as independently as possible for as long as possible**

# Thank you for listening

*We would like to acknowledge everyone that participated in our workshops and interviews, and Western Road Medical Centre for piloting the framework*

# Thank you

If you have any questions please get in touch.

[Twitter](#) | [Instagram](#) | [Facebook](#) | [Tiktok](#) |  
[LinkedIn](#)

[thrivedn.co.uk](http://thrivedn.co.uk)